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scrofula

Any doctor will tell you that Professor Hare, of Jefferson Medical College, Philadelphia, is one of the highest authorities in the world on the action of drugs. In his last work, speaking of scrofula, he says:

"It is hardly necessary to state that cod-liver oil is the best remedy of all. The oil should be given in emulsion, as prepared by the following:

He also says that the hypophosphites should be combined with the oil.

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Is a Sovereign Cure for
 Colds, Coughs, Asthma, Bronchitis, Whooping Cough, Headache, Dizziness of the Brain, Chapped Hands, Chilblains, Bruises, Sprains, Swellings, and especially that prevailing terrible disease

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It is, also, an excellent application for Swellings, Bruises, Sprains, Chills, St. Vitus' Dance, Rheumatism, and all other ailments of the limbs.

25 Cents per Bottle
 at all Drugstores and of General Dealers.

POUNCE.

Pounces are so easily grown as geraniums. They need rest, after blooming during the summer, and should be put in the cellar or in a dark closet, where they should remain at least two months. If you wish a grand display early in the spring, start your cuttings in the fall. They are easily rooted. Plant them in larger pots as their growth requires, for they need plenty of root room. As the most profuse bloom comes on the new wood, it is desirable to stimulate a free growth. Keep your plants shapely by pinching out buds here and there.

Not only must pounches have plenty of room, and the richest soil, but some sort of fertilizer is also necessary, if you wish many flowers. In hot, dry weather your plants should be well watered, and given a shower bath every evening.

The king of pounches, in my opinion, is called the "Storm King." It has very large, double, white flowers, and is a perpetual bloomer.—Jessie Lynch.

A REMEDY

FOR THAT MOST
DISTRESSING MALADY.

Rev. J. M. McLeod.
 Zion Church, Vancouver, B. C.—"It is nearly three months since I received the package of Dr. D. C. and though I have for more than twenty years suffered from Indigestion that no medicine seems to have brought a permanent cure. Since taking your remedy I have not had the slightest symptom of a return of my old ailment. It is a most pleasant pleasure to recommend Dr. D. C. to the numerous family of dyspepsia at the best known remedy for that distressing malady." Sold by all Drugstores at 50c, and \$1 per bottle.

"The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this single page from week to week during the year, will be worth several times the subscription price of the paper."

THE HOME.

A WORD FITLY SPOKE.

There is no habit more easily acquired and none more difficult to conquer than the habit of frivolous speech. As soon as a child learns to talk the first duty of his mother is to teach him to avoid words or unseemly words, such as he is quite certain to hear from some one. These are foolish words which look upon the first imperative word of a child as a clever exhibition of his spirit, and fail to check them. The danger of allowing a child to go with an unbridled tongue need not be dwelt on. What may be forgiven to the child will not be forgiven to the full grown girl, and the freedom of speech that was sprightliness in the little one becomes coarseness and impudence in the adult girl, and causes her to lose friends and many advantages that might otherwise be hers. It matters little how kindly her heart, her brusqueness of speech will gain enemies. It is the duty of every mother to train her children that they shall be thoroughly equipped to meet the world and do their part in its battles in the most effective and useful manner. Nothing handicaps a man or woman so often as thoughtless words.

Fortunate, indeed, is she who is gifted with the power to speak the fit word at the fit season. It may be a needed word of encouragement to a weary sister who is ready to give up the hard struggle of life, or it may be the word of consolation to one in affliction, or the kindly word of caution that is so tactfully spoken that it has no sting of reproach. It takes the wisdom of years and a rare discernment of character to always do this, but it is a gift that is worth cultivating. No young person can afford to be thoughtless or hasty in speech when so much often depends upon words. On earth we cannot know certainly the thoughts of our friends except in their written or spoken words, and though these are but symbols of thought, our happiness depends largely upon them. "A word fitly spoken is like apples of gold in pictures of silver."

Long years, truly, unkind words are remembered. Though it is the fashion of the world today to speak lightly of the spoken word and to look to the motive, the power of speech, even though the heart is not in it, cannot be too strongly dwelt on. While we live this habit of thought where we must recognize the power of words. It is not the power of logic or reason that has most controlled the destinies of nations, but the power of impassioned speech, that few recognize that appeals to the heart. It is therefore very foolish for a young person to despise instruction in gentle speech and tactful words. It is difficult to exaggerate the power for good which a young girl may exert who is wise and tactful in her speech. She is a well-spring of joy to all who know her.—N. Y. Tribune.

HARDWOOD FLOORS.

There are few things in the household more aggravating than a hardwood floor that refuses to take on a polish and wears down to the raw wood. Those who flee from the inconvenience and discomfort and expect to find peace with hardwood floors often discover they have only a new vexation. The truth seems to be that the best shells are apt to wear off in a short time, and a floor, however carefully treated in this way, must be covered with rugs wherever the footfall of mankind comes. Wax is the only coat that endures, and this lasts but a short time unless the coats are frequently renewed. No floor should be allowed to wear down to the raw wood or it will be made permanently injured. When an old floor is to be treated scour it thoroughly, using plenty of ammonia. Then it is perfectly clean and dry apply a coat of shellac in this way, must be covered with sandpaper and oil. Then put on the wax and polish it down in the usual way with a weighted brush, or in the more laborious manner, with a brick wrapped in flannel. An authority on floors gives the following formula for waxing floors: Melt twenty-five ounces of yellow bees' wax and the same amount of yellow ceresin. They should be put in a vessel set in boiling water and stirred together in a warm but not hot part of the stove. Mix five ounces of hard sassafras with one ounce of boiling linseed oil and add this to the wax. Mix it in thoroughly; then remove the vessel containing the preparation from the fire and add about a quart of turpentine and rub it in thoroughly. This coat ought to be repeated at least once a month for nearly a year before the floor will acquire a polish. An old-fashioned rag carpet makes the very best rug that can be used on a kitchen floor. Rub the carpet with it and bring the wood to a surface. Before applying a new coat of oil wash the floor thoroughly and let it become thoroughly dry.

THE NASTURTIUM IN WATER.

I wonder if many of The Housekeeper readers know that nasturtiums can be grown in charcoal and water in the house during the winter season as successfully as the hyacinth or Chinese lily? They who desire a cheap, pretty novelty for their window garden through the winter months can easily convert this old-time garden favorite into a winter-blooming house plant, that, by the manner of growth, as well as its wealth of bright-headed blossoms, will surprise and delight all those who chance to see it. The seed of the nasturtium will not germinate in water, but thrifty alpine or branches can be broken from the plants growing in the garden late in the fall, or a few seeds can be planted in an ordinary flower pot, and the plants thus obtained transferred from soil to water when well started.

As soon as the alpine are broken off or the plants removed from the soil they should be placed in a large glass pitcher, jar or other receptacle that is filled with

pieces of charcoal and water. The ends of the alpine should, of course, be far enough down among the charcoal to prevent their being top heavy, and falling out before the roots have formed to hold them in place.

Keep the glass in a warm sunny window and add more water when that already in the pitcher begins to evaporate and be drunk by the plants.

In a few days roots will appear and new leaves will commence to form, and in a short time you will find it hard to decide which part of the plant is the most attractive and interesting. The upper part with its thrifty green leaves and bright glowing blossoms, or the lower, where the delicate white roots have worked their way among the pieces of charcoal and formed a dainty, lace-like net work, plainly visible wherever the tiny fibers have grown between the pieces of coal and the glass—house-keeper.

THE DINNER TABLE.

As surely as we are acquiring more intelligent and more refined methods of living as the years go by, so surely is the National fault of extravagance in matters of food giving place to reason in these matters. The absurdity of loading down the table is coming to be widely appreciated. In ancient times any food was obtained under greater difficulties than now. And there was a chance of having guests at the table who, suffering from want of a square meal. A superabundance of food then had an attraction, therefore. Today, however, the hostess must often cater to guests who prefer quality to quantity.

No one who has visited in various parts of the country can fail to note the immense improvement that has taken place in the preparation of food in the last generation. Soup was formerly an unknown article, except in the form of a thick broth of meat and vegetables. Today a well-made consommé or a delicious cream soup which would excite the admiration of a French chef is often served at the commencement of a dinner in an unpretentious home. No doubt the spread of the popular cookbooks of the day and the cooking schools that have been established all over the land are largely responsible for this change. We no longer see the pernicious use of a dozen vegetables, with one greasy piece of boiled salt meat. Vegetables still are used liberally, but intelligently. They are served in soups and occasionally as garnishes to meats, as well as by themselves. The salad is no longer confined to rich and somewhat indigestible preparations of lobster or chicken, dressed with what is known as a mayonnaise. Moreover, astonishing as it may seem to one who remembers the prejudice against olive oil as late as twenty-five years ago, a well-dressed French salad dressing is not now a great rarity. The quality of table oil has improved with the demand. Rancid oil is not as common as it was when the people knew that they had chased a few bottles of table oil as a consequence to the appearance of his shop window.

The art of dining is being studied by refined people in all stations of society. The little dinner party, which, according to the old rule, should be less than the nine Muses and more than the three Graces, is a daily affair today. The American woman is learning to dress as well as a French woman and cook as well as a French woman.

HEART DISEASE.

The changes which go to make up heart disease take place slowly, and go on for years without causing the least known to the victim; and not in a few cases death occurs suddenly from such diseases without its existence having been suspected. On the other hand, there are persons who, they have heard described as being the construction of that organ is perfectly healthy. They complain of bad feelings in the cardiac region, palpitation, irregular breathing, etc., and such symptoms would naturally suggest disease. In these cases, the trouble is purely nervous in character; it is the nerves which control the workings of the heart are somewhat deranged. And very generally, this derangement is the result of dyspeptic trouble. Those who exhibit the signs described should turn their attention to the stomach and try and overcome them by careful attention to diet. The quantity of food taken should be no greater than health and strength demand, and only substances easily digested should be eaten. In some people, even with fairly strong digestive powers, tea and coffee cause palpitation of the heart, hence their use is forbidden. Tobacco, too, gives rise to the same symptoms. Of this habit, and all others which tend to produce nerve weakness, should be discontinued.—N. Y. Ledger.

One of the best ways in which to remove old wall paper is to dip a large and clean whitewash brush in warm water, and to apply it evenly to the wall before scraping with a kitchen knife. Holes the plaster should be filled with plaster of Paris, mixed with mortar.

Bananas have been repeatedly used with gratifying success in cases of chronic diarrhoea. Some of the most troublesome forms of diarrhoea have been arrested by parching ripe bananas, then boiling and using in the ordinary way. It often cures when nothing else will.

Powdered red pepper, best to be had from a good druggist, under the name "capsicum," is a great promoter of a good digestion in cases of a weak stomach. It taken freely on meat and in soups, it has a stimulating power like alcohol, without any of its exciting or narcotic effects.

Save Half

your time and half your money by learning at a "real business" school. Be more thorough, better qualified to take a position, Employment. If you want it, Learn shorthand by mail, lessons free.

SNELL'S BUSINESS COLLEGE,

Truro, N. S.

THE FARM.

ECONOMICAL FEEDING.

In selecting rations for feeding due regard must be taken of their chemical composition. By chemical composition here is meant a consideration of the three important compounds found in all food, namely, protein, or the bone and muscle forming material; carbohydrates, or fat and energy making material; and fat, which, too, is a fat and energy former, but which is worth in stock feeding two and a half times as much as carbohydrates. It has been conclusively proven that dairy cows will produce milk and butter more economically when fed upon foods where the protein comprises from one-fifth to one-seventh of the ration, or, in other words, when the ration has a nutritive ratio of five to five or one to seven. Foods containing a large amount of protein, as linseed meal, cottonseed meal, etc., are comparatively expensive, while carbohydrates, which are very abundant in our corn fodder, as straw and corn stover, are very cheap, but a dairy cow needs six or seven times as much carbohydrates as protein, and so the difference in cost is largely compensated for.

The digestibility of a food should also be known, and since the digestibility of different foods varies greatly, we should buy all our cattle food upon the basis of the cost of a pound of digestible matter.

The value of foods, however, cannot always be estimated by their chemical composition. A food may be rich in digestible food elements and its percentage of digestibility be high, yet the results will be unsatisfactory owing to the deleterious effect upon the animal system. These peculiar characteristics cannot be ascertained except by actual trial, but when once known, can be overcome by feeding two or more foods in such proportion that their effects upon the system will be corrected one by the other. More satisfactory results can be obtained by feeding a mixed diet, since, as in our own foods, palatability and relish are obtained by variety.—Professor Hays of the Pennsylvania Agricultural College.

A GREAT APPLE YEAR.

This year's apple crop promises to be prodigious. Apple of the Western New York orchards hang heavy with fruit, branches almost breaking under their loads, and the ground beneath heaped with windfalls. The same conditions of plenty may be found in the orchards of the West. Illinois will produce a phenomenal apple crop. A grower of that State, writing to "The Chicago Inter Ocean," says some sensible things about marketing the harvest. "If you can let the consuming world know that good apples can be had as cheap as potatoes," he says, "you need not fear for the disposition of the crop, however large. In other words, apples should be advertised as dry goods. If the people know that they can get bargains in foodstuffs they will make larger purchases. It is surprising how many people here in Buffalo watch in the newspapers for the bargain advertisements of certain grocers, and take advantage of temporary drops in prices. If, in years of extraordinary plenty in any fruit crop, there was extensive advertising of the fact among consumers, it might be as 'The Inter Ocean' correspondent believes, that a great crop would mean a great market for that producer and dealer would wonder where it had gone to, and the health and comfort of the people would be greatly advanced. Prices would be fair enough to make worth while to market the crop and we should be saved the sight of fruit rotting on the ground in the country while the poor in the great cities go without.—Buffalo Courier.

A REGULAR CRIPPLE.

The Story of an Old Settler in Dufrer's County.

Suffered Terribly with Rheumatism, and Had to Use Mechanical Appliances to Move in Bed. Friends Thought he Could Not Recover.

From the Economist, Shelburne, Ont.

Almost everybody in the township of Melancthon, Dufrer's Co., knows Mr. Wm. August, J. P., postmaster of Auguston. Mr. August, now in his 77th year, came to Canada from England forty years ago, and for thirty-eight years has been a resident of Melancthon. During some thirty years of that time he has been a postmaster, and for eleven or twelve years has been a member of the township council, for some years holding the position of deputy reeve. He has also been a justice of the peace since the formation of the county. It will thus be seen that Mr. August stands high in the estimation of his neighbors. In the winter of 1894-95 Mr. August was laid up with an unusually severe attack of rheumatism, being confined to the house and to his bed for about three months. To a reporter of the Economist, Mr. August said: "I was in fact a regular cripple. Suspended from the ceiling over my bed was a rope which I

would seize with my hands, and thus change my position in bed or rise to a sitting posture. I suffered as only those racked with rheumatic pains could suffer and owing to my advanced age, my neighbors did not think it possible for me to recover. I had read much concerning Dr. Williams' Pink Pills, and at last determined to give them a trial. I commenced taking the pills about the 1st of Feb., 1895, taking at the outset one after each meal and increasing to three at a time. Within a couple of weeks I could notice an improvement, and by the first of April I was able to be about as usual, free from the pains, and with but very little of the stiffness left.



STRICTLY
For FAMILY USE.

The Doctor's Signature and directions are on every bottle.

If you can't get it send to Druggists, Postoffice Box. I. S. JOHNSON & Co., 22 Custom House St., Boston, Mass., Sole Proprietors.

Johnson's Anodyne Liniment

It is used and recommended by many physicians everywhere. It is the best, the oldest, the original. It is unlike any other. It is superior to all others. It is not merely a Liniment, it is the Universal Household Remedy. For Internal as much as External Use. It prevents and cures asthma, bronchitis, colds, coughs, croup, catarrhs, colic, cramps, chills, dyspeptic pains, diphtheria, gastritis, hiccups, hoarseness, headache, hooping cough, influenza, neuralgia, rheumatism, sciatica, sore lips, sore throat or lungs, is gripper, chest pains, bowel pains and kidney pains. It is the sovereign cure for bites, burns, bruises, cuts, chaps, cracks, chilblains, lame back, lame side, mumps, ringworm, stings, scalds, strains, sprains, soreness, stiffness and swellings.

People of refined musical taste buy their Pianos and organs from the W. H. JOHNSON COM'Y, Ltd., 157 Granville St. Cor. Buckingham, Halifax

Prepare Now for the Cold



by seeing that all your ordered clothing is interlined with Fibre Chamoles. It will not add weight and only costs a few extra cents, but it gives a grateful comforting warmth to men's, women's and children's clothing which will defy the coldest blasts of winter.

For your own sake don't try to do without this backbone of all winter comfort.

Don't buy any ready-to-wear suits which haven't the Fibre Chamoles label. Think of the healthful warmth, the difference in price doesn't count.

Reduced to 25 cents a yard.

I continued the treatment a short time longer and found myself fully restored. It is now nearly a year since I discontinued taking the Pink Pills, and I have not had any return of the trouble in that time. I have no hesitation in saying that I owe my recovery to Dr. Williams' Pink Pills.

These pills are a perfect blood builder and nerve restorer, curing such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' Dance, nervous headache, all nervous troubles, palpitation of the heart, the after-effects of a gripper, diseases depending on humors of the blood, such as scrofula, chronic erysipelas, etc. Pink Pills give healthy glow to pale and sallow complexions and are a specific for troubles peculiar to the female system, and in the case of men they effect a radical cure in all cases arising from mental worry, overwork, or excesses. Dr. Williams' Pink Pills may be had of all druggists or direct by mail from Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N. Y., at 50c a box, or six for \$2.50. See that the company's registered trade mark is on the wrapper of every box offered you, and positively refuse all imitations or substitutes alleged to be "just as good." Remember no other remedy has been discovered that can successfully do the work of Dr. Williams' Pink Pills.

FOR MILKING IN F. TIME.

A smart, practical fellow who worked for me three years dropped on to the device which appears in this article. It was during a time when flies were extremely bad, that he was laid up, who thought to save both his head and his shirt, hunted up one of those immense old dust sacks from the oatmeal, and ripping down one side, threw the affair over the back of the cow, with the closed end over her rear, and pulling its length well over her shoulders, so that the entire body was covered.

For a few minutes the cow struggled with her tail in vain effort to use it over his defenceless head, as she had got in the habit of doing, flies or no flies. On finding that there were no flies to brush off she quieted down, and from that date there was no trouble about flies in our stable at milking time. The device answers so well that each milker has a copy, and never forgets to use it. The closed end practically keeps the cow from switching her tail in a manner to annoy the milker.

If there are no large sacks of the description mentioned take enough coffee or fertilizer sacks (wash the latter) and sew together. I would suggest that a continuation of the robe would cover the neck to the horns, and be made slipping to fit. Then the cow will stand absolutely quiet, not having to throw her head first one side and then the other to drive the flies from her neck and sides.

When done milking take the right hand and reach to the neck and pull the robe off at one sweep of the hand to the rear. A moment's time will spread it over the next cow.—George E. Scott in Ohio Farmer.

Do you know that birds destroy millions of bugs, mosquitoes and harmful insects, that without the birds we could not live on the earth, and that every little insect-eating bird you may kill, and every egg you may take from its nest, means one less bird to destroy insects? Do you know that a check-rein which will not permit a horse to put his head where he wants to when going up a hill is a cruel torture to the horse? Do you know that every cruelly inflicted upon a cow poisons to a greater or less extent its milk?

Sea Foam

It Floats.

A Pure White Soap

Made of the finest grade of vegetable oils.

BEST for Toilet and Bath.

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